

Sunsmart Policy

PURPOSE

The purpose of this policy is to encourage behaviours at Woodville Primary School that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

POLICY

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from September - April)
- peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

Woodville Primary School **has** the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

This policy aligns with the Cancer Council's recommendations to slip, slop, slap, seek and slide.

Shade

Woodville Primary School will provide for sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate for lunch
- outdoor lesson areas
- popular play areas

When building works or grounds maintenance is conducted at Woodville Primary School that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

Sun protective uniform/clothing

Woodville Primary School recommends that during Term 1 and Term 4, and whenever UV levels reach 3 and above, students wear sun-protective clothing such as:

- loose, cool, closely-woven fabric
- shirts with a collar (polo shirts or school uniform dress)
- rash vests or t-shirts for outdoor swimming activities.
- sunglasses

Woodville Primary School's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely-woven fabric
- polo shirts and school dresses with a collar and/or high necklines
- rash vests or t-shirts for outdoor swimming activities.

During Term 1 and Term 4, at recess and lunch all students **must** wear a hat when playing outside. They should also wear a hat during high UV days in Terms 2 and 3.

Staff and students are required to wear hat styles that protect the face, neck and ears when outdoors, for example, the Woodville Primary School navy, wide-brimmed bucket hat. Students who are not wearing appropriate protective clothing or a hat will be directed to play in the shade or in a suitable area protected from the sun.

Sunscreen

Woodville Primary School encourages all staff and students to apply SPF 50+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from September to the end of April, and whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours if necessary. Students are encouraged to apply sunscreen before school. Time will be scheduled in class at the beginning of the day and prior to second lunch.

Families are encouraged to provide their children with appropriate sunscreen, which children can apply independently prior to going outside for breaks or outdoor activities.

Staff and families should role model Sunsmart behaviour and are encouraged to apply SPF 50+ (or higher) broad-spectrum, water-resistant sunscreen when outside from September to the end of April or whenever UV levels reach 3 and above.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Woodville Primary School will address sun, UV safety and Vitamin D education as part of units of work related to personal health and safety and incidentally on hot days.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour and Vitamin D education across the school community.

FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)
- [Achievement Program](#)'s SunSmart policy [schools will need to register for the program to gain access to these resources]

REVIEW CYCLE

This policy will be reviewed as part of the school's three-year review cycle (*delete inapplicable*)

*This policy was last reviewed and ratified by School Council in **March 2024***